

## **Abstract**

A dumbbell clamp for a barbell and dumbbell safety spotting apparatus [30] utilizes two spaced-apart plates [162] each having a notch [166] for retaining the grip [28] of a dumbbell [26]. A spring-biased lock bar [170] locks the dumbbell grip in the notches during normal use. A clamp bore [178] is provided for secure the dumbbell clamp to a cable [72] by use of a hook [86]. A hand switch receptacle [82] provides an electrical connector from a hand switch [88] on the dumbbell clamp to the safety spotting apparatus.